

Tips for when you have chewing and swallowing problems



Moisten foods with gravy, sauces, broth, butter or margarine, mayonnaise or sour cream to make swallowing easier

Serve soft moist foods such as:

scrambled eggs
macaroni and cheese
soups and stews

mashed potatoes with gravy
cereals cooked with extra

milk or cream
yogurt

ice cream
custard and
puddings (add fruit for extra
nutritional value)

gelatin made with soft canned
fruit,
cooked vegetables, cottage cheese,



Take a sip of beverage with each bite of food.



Blenderized foods such as fruits and vegetables may be easier to swallow.

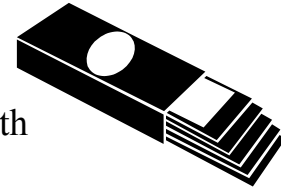
Cut food into small bites.

Soften hard foods such as toast by dunking in milk, cocoa, coffee or tea.



If You Have Dry Mouth

Chew sugarless gum or try sugar free hard candies (especially lemon) to stimulate salivation. (Candy and gum with sugar promote dental cavities and should be avoided.)



If your mouth is not sore try sour pickles to stimulate salivation. Drink plenty of fluids.

Ice chips or popsicles™ help relieve a dry mouth. You can make your own popsicles from fruit juices. They have more nutritional value than those you buy.

Avoid: Dry, sticky foods such as peanut butter, hard dry foods such as crackers, nuts and popcorn; and raw vegetables.



Avoid: Commercial mouth washes.